

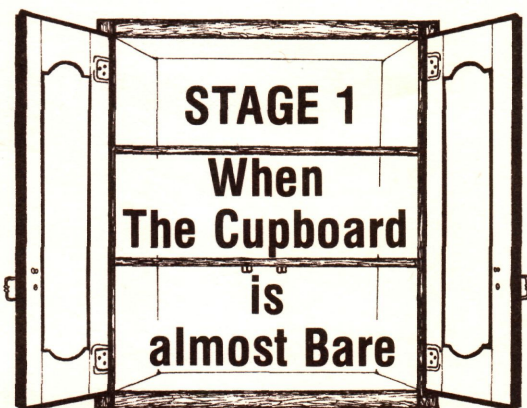
# EATING AND LIVING ON LESS

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By: Ada Shinabarger, Program Leader, Food Marketing

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A quarterly publication on FOOD MANAGEMENT featuring nutritious, money-saving food ideas and recipes for a household of four. "Eating and Living on Less" is a quarterly publication. Keep this copy for reference as recipes and cooking methods printed in this issue will not be repeated.



Even if you think you have nothing to eat, there's usually something around the house you can make into a meal. It may lack variety in color, texture or flavor, but the meal can be nourishing and satisfying.

Go to the cupboard and see if you have some of these items: all-purpose flour, corn meal, oatmeal, rice, granulated sugar, brown sugar, salt, baking soda, baking powder, shortening, cider vinegar, salad dressing, catsup, mustard, vanilla, assorted spices and herbs.

From these limited ingredients, you could probably make several foods. Pancakes are quick and easy to make and also filling. Most pancake recipes call for an egg; but even without the egg, pancakes will be very edible.

Make syrup of brown sugar if you have it. If not, use white sugar. This hot meal of pancakes and syrup will taste very good to someone who is hungry.

**The Foods for 4:** Pancakes/Syrup

## "FAVORITE" PANCAKES

1¼ cups sifted all-purpose flour	1 cup reconstituted nonfat dry milk <sup>2</sup> or fluid milk
3 tsp. baking powder	2 Tbsp. salad oil or melted shortening
1 Tbsp. sugar	
½ tsp. salt	
1 beaten egg <sup>1</sup>	

Sift dry ingredients together. Combine egg, milk and salad oil or shortening; add to dry ingredients, stirring just till moistened. Bake on hot, greased griddle. **Yield:** Eight 4-inch pancakes. **Hint:** Pancakes are ready to turn when uppersides of pan-

cakes are bubbly all over, a few bubbles have burst and edges begin to appear dry. Use a quick flip with a broad spatula to turn pancakes. Turn only once.

## BROWN SUGAR SYRUP

1 lb. (2 cups) light brown sugar	½ tsp. vanilla
1½ cups water	Pinch of salt

Bring sugar and water to boil in saucepan, stirring occasionally. Reduce heat and simmer 3 minutes. Remove from heat and stir in vanilla. **Yield:** 2 cups.

Pancakes and syrup alone certainly do not make a balanced meal. It will tide you over, however, until you can purchase foods to supplement your staples.

<sup>1</sup> If eggs are unavailable, substitute 2 Tbsp. of water for each omitted egg.

<sup>2</sup> Use reconstituted nonfat dry milk in cooking whenever possible. It contains all the nutrients of fresh milk, but it costs less and works equally well in cooked dishes.

## STAGE 2: Shopping with Hardly Any Money

How can you get more food? You might return those soft drink or beer bottles for the bottle deposits. The equivalent of four 8-bottle cartons will yield \$3.20 to purchase additional foods.

**The Foods for 4:** Creamed Ham/Corn Bread, Carrot Sticks, Fresh Apple

Grocery List	Food Bought	Eaten by 4
Ham, chopped and pressed, 2½ or 3 oz. vac. pkg. @ \$.80 (located near luncheon meats)	\$.80	\$.80
Eggs, 1 doz., med. or lge. @ \$.70	.70	.12
Carrots, 1 lb. bag @ \$.40	.40	.20
Apples, 3 lb. bag @ \$1.20 (Michigan CA Idared variety, if available)	1.20	.48
<b>TOTAL:</b>	<b>\$3.10</b>	<b>\$1.60</b>

## CORN BREAD

Temp. 425° F.

Time: 20-25 min.

1 cup sifted all-purpose flour	1 cup yellow corn meal
¼ cup sugar	2 eggs
4 tsp. baking powder	1 cup reconstituted nonfat dry milk
¾ tsp. salt	¼ cup shortening

Sift flour with sugar, baking powder and salt; stir in corn meal. Add eggs, milk and shortening. Beat with spoon or beater till batter is smooth. Do not overbeat. Pour into greased 9 x 9 x 2-inch pan. Yield: 4-6 servings.

## CREAMED HAM

Cut ham into small pieces. (Scissors work better than a knife.) Make 3 cups of **medium** white sauce, using recipe below. Stir cut-up ham into cooked sauce. Serve over hot corn bread. Yield: 4-6 servings.

With an easy, reliable recipe for white sauce, you can make a variety of tasty dishes for a very low cost. Use **medium** white sauce for sauces, scalloped and creamed dishes; **thin** white sauce for soups and creamed vegetables; **thick** white sauce for croquettes and souffles.

### White Sauce Cooking Guide

Ingredients	Thin	Medium	Thick
Margarine	1 Tbsp.	2 Tbsp.	3 Tbsp.
Flour	1 Tbsp.	2 Tbsp.	3 Tbsp.
Salt	¼ tsp.	¼ tsp.	¼ tsp.
Pepper	scant ⅛ tsp.	scant ⅛ tsp.	scant ⅛ tsp.
Reconstituted nonfat dry milk	1 cup	1 cup	1 cup

**Yield:** 1 cup. To make multiple cups of **thin**, **medium** or **thick** white sauce, multiply ingredient measurements by the number of cups desired; e.g., to make 3 cups of **medium** white sauce, measure 6 Tbsp. margarine, 6 Tbsp. flour, ¾ tsp. salt, ¼ tsp. pepper and 3 cups of reconstituted nonfat dry milk.

Melt margarine over low heat; blend in flour and seasonings. Cook over low heat, stirring until mixture is smooth and bubbly. Remove from heat; add milk gradually, stirring until smooth. Return pan to heat, bring to a boil, and boil 1 minute, stirring constantly. If white sauce cooks too long, it becomes too thick, and the margarine separates out. To repair, stir in 1 or 2 Tbsp. of milk. Cook quickly over medium heat, stirring constantly until sauce bubbles again. Use immediately. **Hint:** A heavy saucepan helps prevent the sauce from scorching. A wooden spoon or rubber spatula is handy for stirring the sauce.

The temperature of any oven recipe should be reduced 25° if a glass or ceramic baking dish is used.

## CHEESE SAUCE

Use the **medium** white sauce recipe, adding ½ tsp. prepared mustard with salt and pepper. Blend in ½ cup cubed, processed cheese or cheese food.

## STAGE 3: Six Meals for \$14.00

With a little more money (\$14.00), you can purchase the grocery list below. Six meals, far superior to stages 1 and 2, are prepared from the groceries and the remaining staples found earlier in the kitchen cupboards. The suggested recipes give you an idea of the kinds of dishes you can prepare on a very limited budget.

### The Foods for 4:

- Stuffed cabbage leaves, bread/margarine, applesauce
- Grilled cheese sandwich, stewed tomatoes/bread cubes
- Beef and beans, bread/margarine, bread pudding
- Braised turkey legs, baked potato, green beans, apple muffins
- Turkey noodle soup, apple-cabbage slaw, corn muffins/margarine
- Hamburger-cheese casserole, cole slaw, bread/margarine, caramel baked apple

Grocery List	Food Bought	Eaten By 4
Hamburger, 3 lbs. @ \$.99/lb.	\$2.99	\$2.99
Turkey legs, 3 lbs. @ \$.39/lb. (Located in poultry area of fresh meat dept; if unavailable, substitute dark-meat fryer quarters.)	1.17	1.17
Cheese, processed American, 12 oz. pkg. slices @ \$1.59	1.59	1.59
Margarine, 1 lb. pkg. @ \$.60	.60	.60
Bread (white), 3 loaves @ \$.50/loaf	1.50	1.50
Macaroni, elbow, 2 lb. pkg. @ \$1.09	1.09	.07
Kidney beans, 1 lb. bag @ \$.31	.31	.10
Noodles, 1 lb. bag @ \$.55	.55	.18
Soup, cream of mushroom, 10.5 oz. can @ \$.37	.37	.37
Soup, tomato, 10.5 oz. can @ \$.24	.24	.24
Green beans, 1 lb. can @ \$.35	.35	.35
Tomatoes, 2 1-lb. cans @ \$.50/can	1.00	1.00
Cabbage, 3 lb. head @ \$.25/lb.	.75	.75
Onions, 1½ lb. bag @ \$.39	.39	.20
Potatoes, 10 lb. bag @ \$1.00	1.00	.13
<b>TOTAL</b>	<b>\$13.90</b>	<b>\$11.24</b>

Average prices for store brands or generic brands (February 1983, Lansing) were used to complete the grocery lists. Using store brands or generic brands can result in as much as 30% savings.

## STUFFED CABBAGE LEAVES

1 lb. hamburger	Boiling water
1 Tbsp. grated onion	1 (1-lb.) can tomatoes
2 tsp. salt	(2 cups)
¼ tsp. pepper	½ - 1 tsp. minced onion
½ cup cooked rice	2 Tbsp. cider vinegar
8 large green cabbage leaves	2 Tbsp. sugar

Mix beef, grated onion, salt, pepper and rice together. Cover cabbage leaves with boiling water and allow to stand about 3 minutes to make leaves pliable; drain. Roll a portion of the meat mixture in each leaf; fasten with toothpicks. Set aside. Heat tomatoes, onion, vinegar and sugar to boiling in a covered 10-inch skillet. Add cabbage bundles and simmer, covered, until tender (1¼ - 1½ hours).

**Yield:** 4 servings. **Hint:** Check periodically to see that the mixture is simmering — indicated by tiny bubbles around the edges of the pan. Faster cooking will cook liquid away and food will burn.

## STEWED TOMATOES OVER BREAD CUBES

The old-fashioned name for this simple but tasty "vegetable" dish is Tomato Pudding. Toast 2 slices of bread and cut into ¾-inch cubes. Place in serving dish. Heat to boiling 2 cups canned tomatoes (1 lb. can) with 1 Tbsp. margarine and salt and pepper to taste. If tomatoes are large or whole, break them apart with a metal spoon. Pour hot tomato mixture over bread cubes and serve immediately.

## BEEF AND BEANS

Temp. 350° F.

Time: 45 min.

1 lb. hamburger	2 cups cooked red
1 large onion, finely chopped	kidney beans (1-lb. can or cook from scratch using recipe below)
Dash garlic powder (optional)	¼ cup chili sauce or catsup
1 (10½ oz.) can condensed tomato soup (no water)	1½ tsp. salt
	¼ tsp. pepper

Pinch of sage, marjoram or thyme (optional)

Break up hamburger into small pieces and brown in heavy skillet. Add onion and garlic powder, if desired; continue browning until meat is crumbly and onions are tender. Pour off fat. Stir in tomato soup, kidney beans, chili sauce or catsup and seasonings. Bring to a boil; spoon into 1½-quart greased casserole and bake. **Yield:** 6 servings. **Hint:** Vary with combination of ½ pound hamburger and ½ pound bulk sausage. Omit sage, marjoram and thyme if sausage is used.

## TIPS ON USING DRY BEANS

Dry beans, peas and other lentils contain good quality protein and make nutritious meal extenders. Always a good value, dry beans are now even lower in price than usual. There are many kinds of dry beans, but the chief varieties grown in Michigan include navy, kidney, pinto and cranberry beans.

Most Michigan cooks are familiar with small, white navy beans, sometimes called pea beans. Pinto beans are beige-colored and speckled. They are of the same species as kidney beans, which are mahogany red and kidney-shaped. Cranberry beans are red and somewhat resemble their namesake.

Why prepare cooked, dry beans from scratch? One reason is for more variety, as some dry beans (e.g. cranberry beans) are only available in the dry form. Also, at February 1983 prices, cooked and canned, dry beans cost more than twice as much as cooked, dry beans that are home prepared.

Dry beans triple in volume during soaking and cooking. Therefore, it takes only ⅔ cup of dry beans to yield 2 cups of cooked beans — the amount contained in a 1-pound can.

The same buying rules apply to all dry beans and whole peas: look for beans with a bright uniform color and uniform shape. They should be free of cracked seed coats and foreign material. Store them in a dry, cool place.

All beans and other whole lentils must be soaked and cooked before they can be used as ingredients. To prepare, sort and discard discolored beans and foreign materials. Wash thoroughly.

Cover washed beans with clean water and bring to a rolling boil; boil 2 minutes. Let soak 1 hour or more. Bring to the boiling point again; then adjust heat so beans will simmer until tender but not mushy (approximately 1 hour). Undercook beans slightly if the dish you are making requires major additional cooking; e. g. baked beans.

Test beans to determine doneness. Older beans take a little longer to cook because they are drier. Add more water as it boils away and is absorbed by the beans. Season with salt and pepper when beans are about half cooked. **Hint:** Some kinds of beans foam up during cooking and overflow the pan. Keep foam down when cooking navy, kidney and pinto beans by adding 1 Tbsp. of shortening to the cooking water for each cup of dry beans.



## BRAISED TURKEY LEGS

In a heavy skillet, brown 3 lbs. of turkey legs on both sides in 2 Tbsp. hot oil. Season with salt and pepper. Cover with water and bring to a boil; turn heat down so liquid is just simmering. Cook for approximately 3 hours. Slice meat from turkey legs and serve. (Keep broth and any leftover turkey for turkey noodle soup. Cut turkey up before storing in broth in refrigerator.)

## BREAD PUDDING

Temp. 350° F.

Time: 45 min.

2 slightly beaten eggs	¼ tsp. salt
2¼ cups reconstituted nonfat dry milk	2 cups 1-inch, day-old bread cubes
1 tsp. vanilla	½ cup brown sugar
½ tsp. ground cinnamon	1 cup raisins (optional)

Combine eggs, milk, vanilla, cinnamon and salt; stir in bread cubes, brown sugar and raisins. Pour mixture into greased, 8 x 1¾-inch, round casserole dish. Bake until knife inserted halfway between center and edge comes out clean. **Yield:** 4-6 servings. **Hint:** To guard against curdling, place baking dish in a large shallow pan. Pour hot water 1-inch deep in larger pan.

## BAKED POTATOES

Temp. 425° F.

Time: 40-60 min.

Select larger potatoes. (Don't use new potatoes.) Scrub with brush or clean dish scrubber. Trim away eyes and deteriorated spots. For soft skins, rub with shortening. Prick with fork; bake 1 hour. If potatoes must share oven, bake at 350° - 375° for 70 - 80 minutes. When done, roll gently under hand to make mealy.

## "BEST-EVER" MUFFINS

Temp. 400° F.

Time: 20-25 min.

1¾ cups sifted all-purpose flour	1 beaten egg
¼ cup sugar	¾ cup reconstituted nonfat dry milk
2½ tsp. baking powder	⅓ cup cooking oil or melted shortening
¾ tsp. salt	

Sift dry ingredients into bowl; make a well in center. Combine egg, milk and oil. Add all at once to dry ingredients, stirring only until dry ingredients are moistened. Fill greased muffin pans ¾ full and bake. **Yield:** 10 muffins.

**Apple muffins:** Core 1 apple and chop finely. Add to muffin batter with dry ingredients.

**Cinnamon muffins:** Mix together 2 Tbsp. sugar and 1 tsp. cinnamon. Sprinkle over muffin batter just before baking.

**Jelly muffins:** Before baking, top batter in each pan with 1 tsp. tart jelly.

## COLESLAW

Shred 2 cups cabbage. If desired, add 2 Tbsp. minced onion and ¼ cup grated carrot. Toss with dressing made by blending ½ cup salad dressing, 2 Tbsp. cider vinegar, 1 Tbsp. sugar and ¼ tsp. salt. **Yield:** 4 servings.

**Apple-cabbage slaw:** Substitute 1 finely chopped apple for onion and carrot in above recipe.

## CORN MUFFINS

Temp. 425° F.

Time: 15-20 min.

Use the Corn Bread recipe; spoon batter into greased muffin tins, filling ¾ full. **Yield:** 12.

## TURKEY NOODLE SOUP

Leftover, cooked turkey, cut into small pieces	⅓ cup chopped onion
6 cups broth (add water to make this amount)	2 Tbsp. chicken bouillon
2 Tbsp. chopped celery leaves (optional)	¼ tsp. pepper
	1½ - 2 cups noodles
	Salt to taste

In large kettle, combine all ingredients except noodles. Bring to a rolling boil; add noodles and cook according to package directions. **Yield:** 4-6 servings. **Chicken noodle soup:** Substitute leftover chicken and broth in recipe.

## HAMBURGER-CHEESE CASSEROLE

Temp. 325° F.

Time: 1 hour

1 lb. hamburger	8 slices processed cheese or cheese food, cut up
1 cup macaroni	
1 (10½ oz.) can condensed mushroom soup (no water)	

Break up hamburger into small pieces and brown in heavy skillet; drain off grease. Meanwhile, cook macaroni 8 minutes in boiling water; drain. Mix all ingredients together and spoon into greased 2-quart casserole; bake. **Yield:** 4 servings.

## CARAMEL BAKED APPLES

Temp. 350° F.

Time: 1 hour

Core 4 large baking apples; pare a strip from the top of each apple. Place pared side up in a greased baking dish. Mix together 3 Tbsp. melted margarine, 2 Tbsp. flour, ½ cup brown sugar and, if desired, ½ tsp. cinnamon; stir in ½ cup water. Pour mixture over apples and bake until apples are tender. **Yield:** 4 servings. **Hint:** These apples are gooey; for crustier baked apples, omit or cut back on water. If water is left out, cover dish. Use a corer for apples or core with a paring knife from one end, then the other.

## STAGE 4: Six More Nutritious Meals for \$20.00

Resources have increased to \$20.00. Rather than get a greater number of meals, this illustration will show how to improve the quality of eating — both in nutrients and satisfaction.

Six more meals are planned from new purchases plus the foods which were bought earlier (but not all consumed) and the supplies in the cupboard. The new purchases will include such necessities as orange juice and fluid milk which could not be bought before. More variety is possible on this still-limited budget.

Money is still so tight that items offering little more than flavor and convenience are not purchased. Instead, make such items as chicken coating mix, bread crumbs or meat loaf seasonings from ingredients already on hand. This frees up money to purchase foods which contribute vitamins, minerals and other needed nutrients.

### The Foods for 4:

- Oven-fried chicken, scalloped potatoes, bread/margarine, perfection salad
- Quick 'n easy sausage pie, perfection salad, caramel baked apple
- Creamed chicken/mashed potatoes, green beans, bread/margarine, oatmeal-peanut butter cookies
- Corned beef hash/catsup, cooked cabbage, oatmeal-peanut butter cookies
- Hot dogs and sauerkraut, fluffy dumplings, whipped cherry gelatin
- Porcupine meatballs/rice, coleslaw, cinnamon muffins

Grocery List	Food Bought	Eaten By 4
Broiler/fryer, 3 lbs. @ \$.69/lb.	\$ 2.07	\$ 2.07
Hamburger, 1 lb. @ \$.99	.99	.99
Sausage (bulk breakfast) 1 lb. @ \$1.39	1.39	1.39
Frankfurters, regular, 1 lb. @ \$1.09	1.09	1.09
Cheese, processed American, 12-oz. pkg. slices @ \$1.59	1.59	.80
Milk, 2%, 1 gal. @ \$1.99	1.99	1.99
Margarine, 1 lb. @ \$.60	.60	.60
Orange juice, concentrate, 12 oz. can @ \$.99	.99	.99
Bread (white), 4 loaves @ \$.50/loaf	2.00	1.00
Baking mix, 40 oz. pkg. @ \$.83	.83	.11
Corn beef, 12 oz. can @ \$1.69	1.69	1.69
Peanut butter (chunky), 18 oz. jar @ \$1.39	1.39	.23
Gelatin dessert (cherry), 3 oz. pkg. @ \$.35	.35	.35
Gelatin dessert (lemon), 3 oz. pkg. @ \$.35	.35	.35

Grocery List	Food Bought	Eaten By 4
Sauerkraut (Bavarian style), 1 lb. can @ \$.53	.53	.53
Soup (tomato), 10.5 oz. can @ \$.24	.24	.24
Apples, 3 lb. bag @ \$1.20 (Michigan CA Idared or Rome if available)	1.20	.40
Cabbage, 3 lb. head @ \$.25/lb.	.75	.75
<b>TOTAL:</b>	<b>\$20.04</b>	<b>\$15.57</b>

## OVEN-FRIED CHICKEN

Temp: 350° F.

Time: 1 hour

Place ½ cup coating mix (recipe below) in plastic or heavy paper bag. Moisten chicken pieces with water or reconstituted nonfat dry milk; shake one piece at a time in bag. Add more mix as needed. Place chicken skin side up in greased pan and bake 1 hour or until tender. No turning required. **Yield:** 4 servings. **Hint:** Before serving, remove enough pieces to yield 2 cups of chicken for another meal.

**Oven-Fried Fish:** Follow same procedure, reducing baking time to 30 minutes.

## COATING MIX ((Oven-Fried Chicken & Fish))

2 cups very fine dry bread crumbs*	1 tsp. onion salt (optional)
1½ tsp. salt	¼ tsp. pepper
1½ tsp. paprika	1 tsp. poultry seasoning (optional)
1 tsp. celery salt (optional)	¼ cup vegetable oil

Combine all ingredients in a bowl and blend with fork or pastry blender until well mixed. Store in covered glass jar in refrigerator.

\* Dry bread heels in 300 - 325° F. oven when it's on for another purpose. Put in heavy plastic bag; crush with a rolling pin or whirl in blender.

## SCALLOPED POTATOES

Temp. 350° F.

Time: 1½ hours

2 lb. potatoes (about 6 medium)	¼ cup finely chopped onion
3 cups medium white sauce	

Wash potatoes; pare thinly and remove eyes. Cut potatoes into thin slices to measure about 4 cups. Layer potatoes and onion in 2-quart, greased casserole. Pour white sauce over all. Bake covered for 30 minutes. Uncover and bake 1 hour longer or until potatoes are tender. **Yield:** 4-6 servings.

## HOT DOGS AND SAUERKRAUT

Bring 2 cups of sauerkraut (1-lb. can), ½ cup water and 8 hot dogs to a boil. While heating, make fluffy dumplings; follow recipe on page 6.

## CREAMED CHICKEN

Remove leftover chicken from bones and cut into small cubes. Using the white sauce recipe, make 3 cups of medium white sauce, adding  $\frac{1}{4}$  to  $\frac{1}{2}$  tsp. paprika along with salt and pepper. Stir cut-up chicken into cooked sauce and heat through. Serve over hot homemade mashed potatoes. **Yield:** 4-6 servings. **Hint:** Cook an additional 3 or 4 medium potatoes; remove these potatoes for corned beef hash recipe before mashing.

## "PERFECTION" SALAD

1 (3 oz.) pkg. lemon gelatin  
1 Tbsp. cider vinegar (optional)  
1 cup shredded cabbage  
 $\frac{1}{2}$  cup grated carrots

Make gelatin in oblong or square dish according to package directions. Add vinegar, if desired. While gelatin is thickening in refrigerator, prepare cabbage and carrots. Stir into slightly thickened gelatin; chill until firm. **Yield:** 8 servings. **Hint:** Portion control is better if gelatin is cut at kitchen counter and served. Reserve half of salad for a future meal.

## OATMEAL-PEANUT BUTTER COOKIES

2 cups sugar  
 $\frac{1}{2}$  cup margarine  
 $\frac{1}{2}$  cup reconstituted nonfat dry milk  
3 cups quick rolled oats  
 $\frac{1}{3}$  cup peanut butter  
1 tsp. vanilla

In a heavy saucepan, boil together sugar, margarine and milk 1 minute. Pour hot over oats and peanut butter. Add vanilla and stir quickly. Drop by spoonfuls on waxed paper. Let stand until firm. **Yield:** 3 dozen.

## CORNED BEEF HASH

2 Tbsp. shortening  
1 (12 oz.) can corned beef, broken up in small pieces  
2 cups chopped, boiled potatoes  
1 Tbsp. chopped onion  
 $\frac{1}{4}$  cup reconstituted nonfat dry milk  
Salt and pepper to taste

Melt shortening in heavy skillet. Mix remaining ingredients together and add to skillet. Turn heat down and cook slowly about 40 minutes or until hash is browned on the bottom. Fold like an omelet and turn out on a hot platter. Serve with catsup. **Yield:** 4 servings.

## FLUFFY DUMPLINGS

1 cup sifted all-purpose flour  
2 tsp. baking powder  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{2}$  cup reconstituted nonfat dry milk  
2 Tbsp. salad oil or melted shortening

Sift flour, baking powder and salt together into mixing bowl. Combine milk and melted shortening; add all at once to dry ingredients, stirring just until moistened.

Drop from tablespoon atop boiling sauerkraut and hot dogs. Cover tightly and let mixture return to boiling. Reduce heat but do not lift cover. Simmer 12-15 minutes. **Yield:** 8-10 dumplings. **Hint:** Fluffy dumplings are also excellent with stew.

## "QUICK 'N EASY" SAUSAGE PIE

Temp. 400° F.

Time: 35-40 min.

1 lb. bulk sausage  
8 slices processed cheese  
 $\frac{1}{3}$  cup chopped onion  
2 cups reconstituted nonfat dry milk  
1 cup baking mix  
4 eggs  
 $\frac{1}{4}$  tsp. salt  
 $\frac{1}{8}$  tsp. pepper

Heat oven. Break up sausage into small pieces and brown in shallow pan in oven. Meanwhile, finely dice cheese slices and chop onion; put into a greased, deep 10-inch pie plate or quiche dish. Add browned, well drained sausage to quiche dish. Beat milk, baking mix, eggs and seasonings together until smooth. Pour into plate. Bake until knife inserted between center and edge comes out clean (35-40 minutes). Cook 5 minutes. **Yield:** 6 servings.

## PORCUPINE MEATBALLS

1 lb. hamburger  
 $\frac{1}{4}$  cup uncooked rice  
1 slightly beaten egg  
1 Tbsp. dried parsley (optional)  
2 Tbsp. finely chopped onion  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{8}$  tsp. pepper  
1 (10  $\frac{3}{4}$  oz.) can condensed tomato soup  
 $\frac{1}{2}$  cup water  
1 tsp. Worcestershire sauce (optional)

Combine meat, rice, egg, parsley, onion, salt, pepper and  $\frac{1}{4}$  cup condensed tomato soup. Mix thoroughly; shape into about 20 small meatballs and place in skillet. Mix remaining soup, water and Worcestershire sauce; pour over meatballs. Bring to boil; reduce heat; cover and simmer 35-40 minutes, stirring often. Serve over rice, made according to package directions. **Yield:** 4 servings.

## Vegetable Gardening



Summer is just around the corner. Save some money and eat better by growing some vegetables for your own use. Beginners usually have good success with leaf lettuce, green or wax beans, zucchini squash and tomatoes. Many vegetables can be successfully grown in a small spaded plot, along a walk or in containers.

Many communities provide free or low-rent gardening plots. For information on gardening, contact the Cooperative Extension Service in your county (listed under county government listings in the telephone book).